

### Adult Coloring Journal: Co-Dependents Anonymous (Butterfly Illustrations, Pastel Elegance)

Courtney Wegner



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Clinical Therapist, Courtney Wegner has carefully selected the illustrations and 12 Steps prompts in this interactive adult coloring journal for their meditative power to enhance the recovery of anyone engaged in a 12 Step program and to aid in their journey of self-discovery and an addiction free path to happiness. The 12 Step prompts contained here are an excellent tool and aid for anyone taking the 12 Steps. Features include:

- 80 lightly-lined writing pages provide plenty room to capture your thoughts
- 40 expression pages for jotting down personal reflections, quotes, poems or sketches
- 40 professionally illustrated adult coloring images of varying difficulty
- High quality 70# paper

Each topic is available in different coloring image themes and a wide array of beautiful covers.

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their sparetime with their family, or their own friends. Usually they accomplishing activity like watching television, going to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Could possibly be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the guide untitled Adult Coloring Journal: Co-Dependents Anonymous (Butterfly Illustrations, Pastel Elegance) can be great book to read. May be it might be best activity to you.

#### **Shea Cross:**

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